



What to Know Before Race Day

Thank you for registering for the 14th annual Miles for Mills Memorial Day Weekend 5K Run/Walk and 10K Run! The race begins at 9 a.m. on Sunday, May 25 at Brunswick Landing. It begins and ends at Brunswick Recreation Center, 220 Neptune Drive, Brunswick ME. As always, the event will benefit post-911 recalibrated veterans and their families served by the Travis Mills Foundation. Please take a moment to review the following Race Guide that contains important details pertinent to the race.

Pre-Packet Pickup

(We are offering 2 locations this year!)

When: Friday, May 23, 2025

Time: 9 a.m. to 2 p.m.

Where: Buker Community Center, 22 Armory St., Augusta, ME 04330

When: Saturday, May 24, 2025

Time: 8 a.m. to noon

Where: Brunswick Recreation Center, 220 Neptune Drive, Brunswick, ME 04011

Pre-packet pickup is encouraged so you are ready for race day. You will receive your bib, Miles for Mills bumper sticker, route information, and schedule of events. Those who register on or before April 1, 2025, will receive a New Balance T-shirt, while supplies last.

Fundraising Incentives: If you participated in fundraising, you will be able to pick up your incentive items on Saturday, May 24, (Pre- Packet Pick Up) and Sunday, May 25, (Race Day) at Brunswick Recreation Center.

Same Day Packet Pickup

When: Sunday, May 25, 2025, the morning of race day

Time: 6:30 a.m. to 8:15 a.m.

Where: Brunswick Recreation Center, 220 Neptune Drive at Brunswick Landing, Brunswick, ME 04011

You will receive your bib, Miles for Mills bumper sticker, route information, and schedule of events. Those who register before April 1, 2025, will receive a New Balance T-shirt.

Fundraising Incentives: If you participated in fundraising, you will be able to pick your items on Sunday, May 25 (race day) at Brunswick Recreation Center.

Getting Around On Race Day

Parking: Please follow signs to the designated parking areas. Maps are included here.

Accessible Parking: Accessible parking will be available at Brunswick Recreation Center, 220 Neptune Drive, where the race both begins and ends.

Event-Day Timeline

- **6:30 AM**
 - Same day packet pick-up begins
- **8:15 AM**
 - Same day packet pick-up ends
- **8:30 AM**
 - Announcements
- **8:35 AM**
 - Presentation of Colors and “National Anthem”
- **8:40 AM**
 - Welcome remarks from the Travis Mills Foundation
- **8:45 AM**
 - SSG Travis Mills addresses the crowd
- **8:50 AM**
 - Handcyclers line up first
 - Runners line up
 - Walkers, please line up in the back
- **10:30 AM**
 - Post- race announcements and awards
- **11:00 AM**
 - Flight Deck open for after party

Race Routes



2025 Miles for Mills
5-K Route
10-K Route



5-K KEEP LEFT
 Starting Line
 R-On Neptune
 L-On Orion
 R-At Back Gate
 R-At Third Taxiway
 L-On Orion
 R-On Adm Fitch
 R-On Pegasus
 R-On Burbank
 L-On Orion
 L-On Neptune
 5-K
 L- To Finish Line

10 - K Route
 - Complete 5-K
 Starting Line
 R-On Neptune
 L-On Orion
 R-At Back Gate
 R-At Third Taxiway
 L-On Orion
 R-On Adm Fitch
 R-On Pegasus
 R-On Burbank
 L-On Orion
 L-On Neptune
 10-K
 L- GO PAST Finish Line

Start 10-K Section Two
 GO PAST Finish Line
 Continue Neptune Dr
 L-On Adm Rich Dr
 Cross Adm Fitch Ave (Caution) ⚠️
 Cont - On Line Dr
 R- On Pegasus St (Caution) ⚠️
 L- On Seahawk Ave
 L-On Orion St
 L-On Adm Fitch Ave (Caution) ⚠️
 R-On Pegasus St
 R-On Burbank Ave
 L-On Orion St
 CONTINUE TO TURNAROUND
 R-On Neptune Dr

L-Finish Line



How do I create a team?

- Go to milesformills.org
 - Under “Events” choose one of three categories and click “Sign Up”
 - Register your personal information and choose your event once again, select “Continue” at the bottom of the page
 - Scroll through the waiver and check the agreement box; select “Continue”
 - Select your T-shirt size and answer a short series of questions: emergency contact, etc. Select “Continue”
 - Create a Team Fundraiser (at right of page) and below add a name, fundraising goal, and personal messaging
 - Complete transaction

How do I join a team?

- Go to milesformills.org
 - Under “Events” choose one of three categories and click “Sign Up”
 - Register your personal information and choose your event once again, select “Continue” at the bottom of the page
 - Scroll through the waiver and check the agreement box; select “Continue”
 - Select your T-shirt size and answer a short series of questions: emergency contact, etc. Select “Continue”
 - Click on “Join a Team”
 - Type in the team name
 - Complete registration process
 - You are now a part of that fundraising team

Can I change my race type?

If you signed up for the 5K race and have decided to run the 10K, no worries, it's not too late! But you will want to go into your registration and change races before packet pickup.

- Click icon on the top right main page to log into your profile
- Go to Upcoming Events
- Click Manage Registration
- On the top right click Transfer Event
- Click Start Transfer
- Choose the Event you want to Transfer
- It will charge you \$10 if you transfer from 5K to 10K
- Click Continue
- Sign Waiver again
- Continue filling out additional information
- If you are transferring from 5K to 10K you will be charged for the difference in the race cost

Can I register day of race?

- Yes. All runners must be registered by 8:00 am. Packet Pickup will close promptly at 8:15 am.

What age do I have to register a child?

- If the child is going to be in a stroller for the race they do not need to register.

How can my friends and family donate?

- Friends and family are able to go to the website (<https://runsignup.com/Race/Donate/ME/Brunswick/milesformills>) and find you or your team page by entering a name in the search bar.
- For those who opt to link Facebook to their fundraising page, they can also ask friends to donate on there and have it automatically linked back to your fundraising page.

How do I get a race day T-shirt?

- You must sign up by **Apr 1, 2025** in order to receive a T-shirt (while supplies last).

Is the course handcycle and wheelchair friendly?

- Yes, the course is handcycle and wheelchair friendly.
- It is a very flat course.
- Additionally, volunteers will be stationed along the route at all

intersections and where the course turns right or left.

Where can I pick up my race bib?

- You can attend pre-packet pick-up on Friday, May 23, 2025, at the Buker Center in Augusta from 9 a.m. to 2 p.m. or on the day before the event, Saturday, May 24 at the Brunswick Recreation Center from 8 a.m. to noon to pick up everything for race day. **Pre-packet pick-up is encouraged to avoid lines on race day.**
- You can pick up your race bib at packet pick-up on the day of the event beginning at 6:30 a.m..

Can I change my race shirt size?

- No. After you make your selection during registration, it cannot be changed.

Can someone else pick up my race packet for me?

- Yes, they can. Please make sure they have your registration information along with your first and last name.

Is my entry fee tax deductible?

- Per IRS regulations, individual registration fees for the event are not tax-deductible (due to goods and services received). Please note, any donations or pledges over and above the registration fee are tax-deductible.

What does Miles for Mills support?

- The Miles for Mills 5K & 10K supports the Travis Mills Foundation. All proceeds go toward serving post-9/11 recalibrated veteran families at its Retreat in the Belgrade Lakes Region of Maine, along with veterans and first responders in Warrior PATHH training for Post-Traumatic Growth.

Where should I park?

- Please see the attached parking map. There will be plenty of signage and volunteers to assist with parking.

When does the race start?

- The race starts at 9 a.m. on Sunday, May 25, 2025.
- Pre-race announcements and speech from SSG Travis Mills will begin at 8:30 a.m.

Are dogs allowed?

- Service dogs are allowed.